



thursday, november 15, 2012

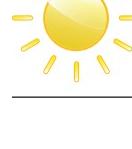
the collegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

VOL. 118 NO. 63



kstatecollegian.com

Tomorrow:
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High: 59°F
Low: 40°F

03

Freshman on fire
D.J. Johnson's play on the court has been an encouraging sign so far

04

Lift with caution
Some workout routines are more hazardous than they appearBut wait, there's more!
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Typing, writing notes provide different benefits, students say

Kari Bolton
contributing writer

In previous decades, college students had to rely solely on pen and paper to take notes during class, and there was not as much to distract them from the teacher's lectures.

According to the Information Technology Assistance Center, only 36 percent of college students owned a laptop in 2003, compared to 83 percent in 2010.

"I graduated with my bachelor's degree in 2003, and laptops were not nearly as affordable as they are now," said Shannon Krueger, instructor in journalism and mass communications. "They were a rarity among students. I don't ever remember seeing classmates with laptops to take notes."

Laptops have become almost a necessity for college students these

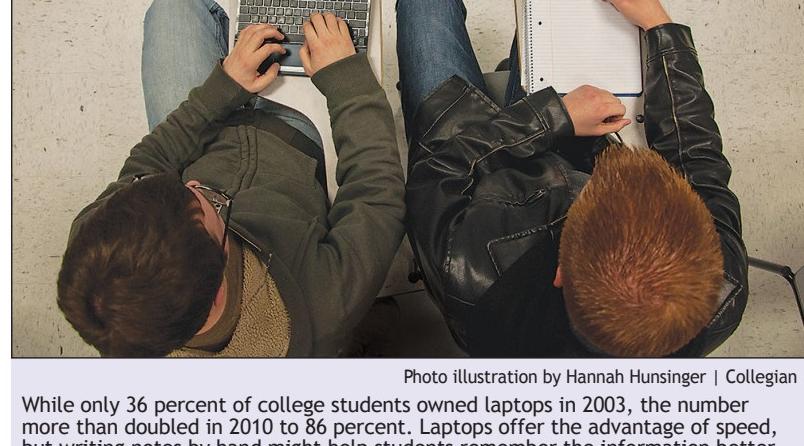


Photo illustration by Hannah Hunsinger | Collegian

While only 36 percent of college students owned laptops in 2003, the number more than doubled in 2010 to 86 percent. Laptops offer the advantage of speed, but writing notes by hand might help students remember the information better.

days, and several like to use their computers to take notes during class.

"I think it is easier to type on a laptop because of the ability to get everything written down faster than the teacher is talking about," said Katy Banham, senior in social sciences.

Some students believe typing notes helps them pay attention to what the teacher is saying and provides the opportunity to add side notes. Students may use laptops to keep their work organized in one place or because a computer screen can be easier to read.

In contrast, some students prefer to use pencil and paper to write down what is said in class to help better retain what the teacher says.

"I feel like if I write down my notes

NOTES | pg. 5

Purple Masque Theatre to undergo renovation



This rendering of the proposed interior of the new Purple Masque Theatre, projected to be completed in summer 2014 at a cost of about \$1.3 million, will feature a larger stage, more seating and new sound and lighting equipment.

John Forsee
staff writer

The Purple Masque Theatre is moving to a new location, from the east side of Memorial Stadium to the west, and the east side of the stadium will become the new Welcome Center for K-State.

John Uthoff, chair of the project and associate professor of music, theatre and dance, said the new Purple

Masque will serve many of the same purposes as the old and should be finished by the summer of 2014.

"Since the Purple Masque is such an important part of the program in terms of the training of the people that are interested in theatre, [the university] agreed that they would build a new Purple Masque before they took away the present one," Uthoff said.

Some aspects of the Purple Masque will be brand-new, such as the stage

and backstage equipment. The new theater will also produce better sound and lighting.

The theater will also feature a green roof built of live plants to keep water from leaking down into the new facility. As a result of the green roof, Memorial Stadium seating will be cut down to about 1,000 seats, Uthoff said.

The complex will cost between about \$1.2 million and \$1.3 million, and the green roof will be \$1.5 million,

according to Uthoff. The total cost of the whole project, including both the Purple Masque and the new Welcome Center, is estimated to be about \$4.5 million, according to Uthoff.

Sally Bailey, professor of music, theatre and dance and director of the drama therapy program, said the current Purple Masque was created for students a long time ago. Bailey said the theatre program needs a new building and that the drama therapy program will greatly benefit from being housed in the new Purple Masque because it will have its own classroom.

"I am really excited about it because I have only had the current Purple Masque Theatre to do my drama therapy course in and it has been restrictive in terms of space," Bailey said.

Drama therapy helps build social skills for people who have disabilities through the use of puppets and acting to help participants work out issues in their lives, Bailey said. Air conditioning in the new facility will allow the drama therapy program to continue its summer camp in more comfortable conditions.

Bailey said the new Purple Masque will enable theatre students to enjoy better equipment, and will enable the actors in student-directed plays to have more space to practice their acting.

LeAnn Meyer, associate marketing director and graduate student in drama therapy, has directed past plays and is currently directing "Kimberly Akimbo." She said the new Purple Masque Theatre will have some much-needed upgrades.

"As a facility itself, the current Purple Masque will always be near and dear to my heart, but having the new facility will be a very large upgrade for us," Meyer said.

The new theater will have a bigger

MASQUE | pg. 5

'Don't Change the Subject' film opens up discussion of suicide

Sid Arguello
staff writer

Writer and director Mike Stutz presented the film "Don't Change the Subject" to K-State students Wednesday in the Union Ballroom of the K-State Student Union. The film focused on the subject of suicide and remembering those who have been lost.

"Suicide is the No. 1 killer of college students behind alcohol-related death; it is something that needs to be talked about," Stutz said. "I know it firsthand because I lost my mom to suicide when I was a kid and everyone wanted to be nice, but nobody wanted to talk about suicide. They didn't know how."

Stutz's mother suffered from clinical depression and committed suicide when he was a young child. During the film, it was made apparent that Stutz's mother was actually contemplating suicide for several months before it happened.

Stutz's father gave him a number of boxes that contained old photos, tapes and notes that indicated his mother was planning her suicide for years. Ben Smart, senior in milling science and management, said this part of the film affected him strongly.

"When he found the mementoes from his mother that have been kept stored for so many years and hearing his mother's voice after so many years and brought back so many memories, that was really touching," Smart said.

The film also featured interviews Stutz conducted with several other people who had either attempted suicide or had loved ones that committed suicide.

In one interview in the film, Vanessa, a college student, described her own attempted

suicide as "sad." During the interview, Vanessa talked about trying to get help from her peers.

"You didn't really want to die," some peers said to Vanessa after she attempted suicide.

After what Vanessa believed would be her final attempt at suicide, she began to think about how her suicide would affect her roommate who would have discovered Vanessa if she had succeeded.

"I know it would have made my family sad," Vanessa said.

After Vanessa's last attempt at suicide, she quickly called her roommate and family and pleaded for help.

The film, which began with a celebration of "Day of the Dead" in which Stutz, family and friends gathered to celebrate the lives of their loved ones who were victims of suicide, was also a way for Stutz to let go of his pain and remember his mom.

"It's not about how you die, it's about how you live," Stutz said.

Elizabeth Davidson, junior in art education, attended the event and detailed her own account of being affected by her mother's suicide.

"It was really difficult for my friends because they didn't know what to say to me," Davidson said. "I think I was so numb from the experience that it was just really hard for me to comprehend what people were telling me, and what was happening, and my family telling me how sorry they were."

Davidson said she felt that her mother was a strong woman for battling with her disorders as long as she did.

"I would call her a victim of the disease clinical depression. The odds were stacked against



Director Mike Stutz explains the importance of discussing suicide openly before showing his film, "Don't Change the Subject," on Wednesday afternoon in the K-State Student Union Ballroom.

FILM | pg. 5

Film shows family's reaction to gender transition

Nicolas Wahl
staff writer

What would you do if you found out a loved one was about to have a sex-change procedure?

That question was the basic premise of documentary filmmaker Melissa Regan's short film "No Dumb Questions," which chronicles the thoughts, emotions and reactions of three sisters ages 6 to 11 as they learned about their Uncle Bill's transformation into Aunt Barbara.

On Wednesday, in the Leadership Studies Building, a group of students and Manhattan residents met to view and discuss the film.

The event was hosted by Fire, a campus feminist organization, and was sponsored by the LGBT Resource Center and the KSU Women's

"People are just people, we're all just human beings. The more that an individual is around a transgender or LGBT person they begin to realize, 'Hey, they're just like me.'"

Brandon Haddock
coordinator of the LGBT Resource Center

Center. Attendees ate free pizza as they watched the young girls move from shock to acceptance regarding their relative's transformation.

"I really just hope that watching a film like this helps students better understand and accept parts of our society that aren't really seen as mainstream," said Mallorie McLaughlin, president of Fire and junior in women's studies and political science.

One aspect the group discussed was the apparent effect that societal influences had on the three sisters, whose aversion to their uncles' procedure increased with their respective ages.

Brandon Haddock, coordinator of the LGBT Resource Center, cited knowledge as the key factor in combating learned perceptions.

"People are just people, we're all just human beings," Haddock said. "The more that an individual is around a transgender or LGBT person they begin to realize, 'Hey, they're just like me.'"

That is precisely what happened with the oldest sister in the film, 11-year-old Chelsea. Originally very skeptical of her relative's transition from man to woman, it wasn't until she met her Aunt Barbara for the first time and discussed Chelsea's recent trip to Paris that she began to overcome her discomfort.

"I don't know," Chelsea told the camera. "People were talking and she asked about Paris, and I just answered before I had a chance to think about that she used to be Uncle Bill."

After that, even Chelsea had little trouble with her aunt's new form.

Another dimension to Barbara's story is that she is still attracted to women. Her gender transition was never about sexuality; it was about being comfortable in her own body and living her life as a woman. She effectively transitioned from a heterosexual male to a homosexual female.

Manhattan resident Antonio Pantoya said he was struck by Barbara's personal transformation.

"I feel like most people do it because that is how they feel," Pantoya said. "They already feel like a man or a woman on the inside, and it lets them more fully be who they really are."



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thursday, november 15, 2012

the collegian

Two-minute drill

Adam Suderman
staff writer

MLB

After announcing one of the biggest trades in recent memory on Wednesday, the Miami Marlins and Toronto Blue Jays have been met with reactions that couldn't be more different.

With the Marlins trading shortstop Jose Reyes, pitchers Mark Buehrle and Josh Johnson and utilityman Emilio Bonifacio to the Blue Jays, Toronto becomes yet another dominant force in the already tough American League East. Reyes, Brett Lawrie and Jose Bautista now form a very formidable trio in the Blue Jays lineup.

The Marlins unloaded approximately \$150 million in salary, and owner Jeffrey Loria responded to the mass amounts of criticism by saying the team needed to improve following a last place finish in the National League East.

"We have to get better," Loria told CBSSports.com. "We can't finish in last place. We finished in last place. That's unacceptable. We have to take a new course."

MLB

According to ESPN.com on Wednesday, free-agent outfielder Torii Hunter has agreed to a two-year deal with the Detroit Tigers. Hunter would solidify a Tigers outfield that was very inconsistent in the corner outfield positions. The deal is worth a reported \$26 million and is pending a physical exam.

NFL

After being knocked out of Monday night's game against the Kansas City Chiefs with a sprained right shoulder, Steelers quarterback Ben Roethlisberger said on Wednesday it's a dislocated rib that scares him the most.

"I can move [the arm] around, that's not the issue," Roethlisberger told ESPN.com. "Sometimes when I do move it the rib will kind of pop out of place again, which is pretty painful. I just try to keep it as still as I can for the most part."

Roethlisberger's health will be dictated on a weekly basis, and, for now, backup Byron Leftwich will take the reins of the Steelers offense against Baltimore this Sunday.

VOLLEYBALL

K-State falls in standings after loss to Iowa State

John Zetmeir
staff writer

In a matchup of two of the top Big 12 Conference volleyball teams, No. 20 K-State (21-6, 8-6) fell to the No. 19 Iowa State Cyclones (17-7, 10-3) on national television on Wednesday night in four sets.

After a dominating performance in the team's first match of the season that saw the Wildcats sweep the Cyclones, K-State could not get into a rhythm in a tough environment in Ames, Iowa.

Junior middle blocker Kaitlynn Pelger led the way for the Wildcats with 12 kills on the night, followed by junior hitter Lilla Porubek, who finished with 11.

Iowa State dominated the first set with a 25-14 win to start the match. However, the Wildcats were able to answer back with a narrow 25-23 win in the second set.

Heading into the third set, it was anybody's match. Unfortunately, home court advantage played a huge role as the Wildcats struggled on the offensive end. At the end of the game, freshman Andie Malloy put up a game-high 18 kills for the Cyclones.

The Wildcats have now lost three of their last four games, two of which came on the road. With two games left on the regular season schedule, the Wildcats are in good standing to make the NCAA tournament if they take care of these last two teams.

This Saturday, K-State will travel to take on Texas Tech in Lubbock, Texas. First set is scheduled for 6 p.m.



LEFT: Junior middle blocker Kaitlynn Pelger hits the ball over opposing Texas Christian senior middle blocker Emily Kirby during the Wildcats' three-set sweep against the visiting Horned Frogs on Nov. 10 in Ahearn Field House.



Jacob Dean Wilson | Collegian

RIGHT: Junior outside hitter Lilla Porubek spikes the ball over opposing Texas Christian redshirt senior setter Megan Munce. Porubek finished the Nov. 10 match against the Horned Frogs with seven kills. In Wednesday's on-the-road loss to Iowa State, Porubek contributed 11 kills.

MEN'S BASKETBALL

Freshman D.J. Johnson impresses early



Mike Stanton

Henriquez's hook shot, a new facet of his post game, was a weapon, falling reliably from both hands.

Sophomore guard Angel Rodriguez has picked up where he left off last season, leading the team in scoring with 42 points in three games, including nine 3-pointers. Rodriguez has been a spark plug for the team, hitting big shots to kick-start scoring runs for the Wildcats.

Possibly the biggest surprise of the early games was the emergence of freshman D.J. Johnson, the first recruit signed by Bruce Weber last spring. Johnson, a 6-foot-8-inch forward from St. Louis, has become a fan favorite for his relentless style of play.

In his Wildcat debut, Johnson scored 10 points and grabbed seven rebounds. In Tuesday's blowout win over the Alabama-Huntsville Chargers, Johnson grabbed a missed shot off the rim and slammed it home, bringing the student section to its feet late in a game that had long since been decided.

Johnson, who was nearly redshirted before the season, certainly wasn't expected to be a major contributor this year, but has led the team over

Jacob Dean Wilson | Collegian
Men's basketball head coach Bruce Weber signals to his team during the Wildcats' 85-52 season opening victory over North Dakota on Nov. 9 in Bramlage Coliseum.

Freshman D.J. Johnson was Weber's first recruit signed as head coach and has become a fan favorite this season.

the first three games, averaging 14 minutes per game. His bruising, 250-pound frame combined with his perpetual hustle makes him a dominating rebounder, especially on the offensive side. Johnson's 13 offensive rebounds, many of which were followed by an easy bucket or a trip to the free-throw line, is also a team high.

With those rumors that Johnson was going to redshirt, the Wildcats were planning for the future. However, it is looking like Weber made the right decision, as Johnson is on his way to becoming a major contributor for a Wildcat team ready to compete for a Big 12 Conference title.

Mike Stanton is a freshman in journalism and mass communications. Please send comments to sports@kstatecollegian.com.



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The Consolidated Guide available Tuesday, December 4th

New 007 film features surprises, memorable villain

"Skyfall"

★★★★★

Movie review by Sid Arguello

The much anticipated new James Bond film, "Skyfall," opened in the United States this past weekend and resurrected Bond from the dead. Ian Fleming's popular book character turned film franchise returned in its 23rd installment and made audiences across the world sit on the edge of their seats.

There was a dark, eerie feeling throughout the film; it seems like one bad thing happens after another. The film begins with what seems to be the death of Bond, played by Daniel Craig, after he is accidentally shot by MI6 agent, Eve, played by Naomie Harris.

M, played by Judi Dench, and the rest of British secret service MI6 are targeted by an unknown terrorist. Bond and Eve try to recover a stolen computer drive that contained the names of many undercover agents in terrorist organizations all over the world.

Bond finds himself in Shanghai trying to recover the computer drive when he unintentionally kills

the mercenary he has been tracking. Fortunately, he finds a casino chip on the mercenary's suitcase, which leads him to a casino in Macau where he meets Séverine, played by French actress Bérénice Marlohe. Bond asks Séverine to take him to her employer, who he believes is the man behind the attacks on M and MI6. Scared for her life, Séverine agrees.

The most unexpected part of this film was the role of Javier Bardem as the villain, Raoul Silva. Bardem does an amazing job as Silva and gives undoubtedly one of the greatest performances in the film. Silva was truly sinister and will unquestionably be considered one of the greatest villains in the 007 franchise.

The film reiterates that spy operations ran more smoothly using the old-fashioned method of undercover agents instead of modern computers. This point extends to the use of weapons — sometimes it's best to use a knife.

There were many surprises that audiences did not expect. One of the greatest was the return of the Aston Martin DB5, Sean Connery's car of choice when he played 007 in the 1964 film "Goldfinger."



courtesy photo

The only part I found lacking in the film was the explanation of James Bond's childhood. It's mentioned that he was an orphan, but there was no description as

to what happened to his parents. In a way, however, this is a classic Bond move in its secrecy.

This movie was great entertainment and kept the audience

wanting more.

Sid Arguello is a senior in psychology and sociology. Please send comments to edge@kstatecollegian.com.

Daniel Craig outshines all other 'Bond' actors throughout 60-year film history



Ethan Hague

With the release of "Skyfall," however, Daniel Craig has shown he has truly taken up the reins as the best Bond.

Before you throw me in a shark tank, let's look closely at the six actors to embody Ian Fleming's famous character in film.

Pierce Brosnan appeared in four films starting in 1995 that were, with the exception of "GoldenEye," rather silly. In these films, Bond was portrayed not as a suave MI6 agent, but as an invisible car-driving, sci-fi gunslinger. Though he may have looked the part, his less-than-stellar

acting paired with awful storylines lost him the chance to be considered the best.

George Lazenby stepped in for only one film in 1969 and failed to dig deep into the character. His acting was wooden and unconvincing, though he managed to redeem himself slightly by the end of his film. He certainly wasn't the worst Bond, but definitely not the best either.

Roger Moore, who portrayed Bond from 1973 to 1985, overstayed his welcome. He was a witty Bond and often used puns for comedic relief. Too often, actually. His movies

are comparable to "Austin Powers" in their ridiculousness. The lighthearted, low-violence approach was childish in a role meant to be at least somewhat serious.

Timothy Dalton was a breath of fresh air, making Bond grittier, darker and truer to Fleming's Bond from 1986 to 1993. However, he dropped the sadistic humor entirely and hardly captured the hearts of fans. Had he been given the chance for more than two movies, perhaps he could have done a little more with the role.

Of course, most people love the original. Sean Connery was

the first to depict this iconic role and is a primary example of class in the '60s. But originality is not synonymous with superiority. Too much credit is given to Connery for establishing James Bond on screen.

Although having a tough hide is a key characteristic of Bond, Connery shows almost no instances of emotional distress. The character is static throughout all of his movies, which may increase interest in the overall story, but lessens any interest in the character.

This, however, is where Craig shines. Over the course of his three movies, Craig has

shown an excellent character arc. He has gone from an inexperienced agent who falls for the girl in "Casino Royale" to a polished (and finally witty again) killer in "Skyfall."

He has managed to embody all of the best qualities of Bond without overdoing any one in particular. His Bond is well-rounded: two parts smooth, three parts handsome, one part smart and two parts emotionally gripping. Shaken, not stirred.

Ethan Hague is a junior in mass communication. Please send comments to edge@kstatecollegian.com.

health

Making smart, frugal food choices tricky at Union



Kelsey McClelland

Three days out of the week, I spend at least 10 hours on campus. This inevitably results in eating at least one meal from the K-State Student Union.

Over the summer, I was on a health kick. Watching what I was eating and counting the calories of my meals became an easy regimen to follow. Once the school year started, I found it increasingly difficult to make healthy choices on campus.

There are healthy places to eat in the Union, but I always gravitate toward the fast, easy and cheap choices, which are usually Chick-fil-A for \$5 deal or Panda Express.

The one time I made a salad at the Wild Greens station, it ended up costing me more than \$12, and that was the end of making my own salads. If anything can be said about me it's that I'm incredibly frugal, especially when I have to buy multiple meals a week on campus.

I think eating healthy without spending \$12 on a salad is a concern that most college students can identify with, so I'm going to compare a couple of foods to show which is the better deal in both nutrition and cost.

Today, we take a look at one of my staple food groups: Chinese.

My usual choice at Panda Express consists of a two-entree combo with one side. I always get chow mein as a side and orange chicken as one of the entrees. My second choice is usually string bean chicken breast or Beijing beef if I'm feeling feisty.



Tommy Theis | Collegian

Sierra Lashbrook, sophomore in biology, spoons fried rice into a to-go box for Joseph Geraci, freshman in economics. Wednesday night at Panda Express in the K-State Student Union. Collegian opinion editor Kelsey McClelland found that the healthiest Panda Express option is the one-entree Panda Bowl with a side of mixed vegetables.

This plate comes out to a whopping 1,600 calories.

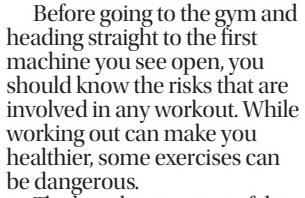
To give you an idea of just how bad that is, I used Mayo Clinic's calorie intake calculator at mayoclinic.com, which shows my recommended daily caloric intake based

on height, weight, age, gender and activity level. The calculator recommends that, to maintain my current weight, my daily intake should be about 1,900 per day. Again, that one meal from Panda Express came out to 1,600 — almost an entire day's

worth of calories in one meal.

Other aspects of this meal are of concern. As a woman, my recommended intake is 30 grams of sugar, 2,300 mg of sodium, 225 to 325 grams of carbohydrates and 44 to 78 grams of fat, according to articles

Caution, awareness necessary to prevent common weight-lifting injuries



Chris Rathjen

Before going to the gym and heading straight to the first machine you see open, you should know the risks that are involved in any workout. While working out can make you healthier, some exercises can be dangerous.

The bench press, one of the most common lifts, is one of

these exercises. In 2009, former USC runningback, Stafon Johnson, was almost killed while performing this lift. The 275 pounds he was lifting came down and crushed his neck and larynx, requiring emergency surgery.

It is always important to have a spotter while lifting heavy weights. There are still other dangers of benching, even if you are doing a lighter weight.

"Your arms should be tight to the body, and your forearms should be moving straight up and down," said Jeremy Frisch, owner and director of Achieve Performance Training in Clinton, Mass., in a Fitbie MSN

article by Greg Presto. This means using less weight to control the load; doing so will create more work for your chest and arms while reducing injury risk.

The power clean is another dangerous exercise because of how technical the lift is; it is easy to do it improperly, increasing your risk of injury to the wrist, shoulder, elbow or lower back. Unless you are training to become an Olympic athlete, it's best to avoid this lift and do alternatives, such as kettle swings, plyometric drills or burpees.

Another dangerous workout is the behind-the-head lat

pull down. This exercise was thought to be the proper way to develop the lats, but according to a report by Dave Mansfield for the Amateur Athletic Union in 2003, it can be quite damaging to the shoulders and shoulder joints. Due to the unnatural movement on the machine, this exercise can tear upper back muscles apart and cause joint shoulder pain.

A common exercise that can turn dangerous when done improperly is squatting. The danger from this exercise routine comes when the lifter puts weight on the toes, which reduces the effectiveness of the exercise and puts your knees

and back at risk of injury.

"Any time you put yourself in that rounded position, you put yourself in place for damage to the lower back," said Shawn Arent, associate professor of exercise science at Rutgers University, according to the Fitbie MSN article.

To perform the lift properly, you should use a lighter weight, placing your heels on the floor and your back in a natural upright position.

When performing this exercise, avoid deep knee bends. When you bend your knees too deeply, your spine cannot maintain proper alignment. When that happens, the pelvis

tilts and the lower back begins to take over, increasing the risk of strain to your lower back muscles or damage to spinal discs. In addition, bending your knees too deeply can injure or damage your knees, especially if you have pre-existing knee problems.

The best way to avoid these dangers is to lift with proper form. If you are unsure how to do a certain exercise, always seek professional help from trainers.

Chris Rathjen is a sophomore in public relations. Please send comments to edge@kstatecollegian.com.

NOTES | Laptops a distraction

Continued from page 1

on paper, I remember the information better as well as memorize it more for later," said Montgomery Devine, senior in political science.

Studies show that since people use their hands to form letters and connect them, writing notes often has a more positive effect on a student in terms of learning and recalling information at a later date, according to an Oct. 5, 2010, Wall Street Journal article. Writing also uses more of your brain, which helps process and clarify thoughts for future reference.

The question teachers must answer is whether or not they will allow laptops in their classroom during lectures for note-taking. Some teachers believe the use of laptops during class may be nothing more than a distraction for students, especially with social media on the rise.

"It's pretty tempting to break from taking notes to do other activities on screen like check Facebook, Twitter or surf the Web," Krueger said. "While you might not do that on your phone because it's totally obvious, it's easy to hide behind the screen and look like you are actually being productive."

She believes for her classroom, the decision of whether or not to use a laptop to take notes is up to the student, but students must consider what option will help them gain more out of class lectures without being sidetracked by the outside world.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

Acne can come from surprising sources

Morgan Moxley
contributing writer

It didn't surprise me when I read on [livestrong.com](#) that the two main causes for acne are stress and hormones. Luckily for college students those are two daily factors in our life with tests, relationships, classes and studying consuming the majority of our time.

I also have random breakouts, so I decided to look into what could be causing them. As it turns out, there are a lot of things that can cause acne that you may be unaware of.

When I'm stressed out, working out is an outlet for me.

I didn't realize it could also be one of the biggest causes of my breakouts. According to Women's Health Magazine, yoga mats can cause acne from dirt or friction.

If you're taking a yoga class at the Rec and you're using their communal yoga mat, think of all the feet and sweat that have been on that mat. Use a disinfectant wipe or put a towel over the part of the mat where you put your head or face when you use it.

Cleaning the weights and machines at the gym will also help you from breaking out. Make sure to clean your workout clothes; sweat is one of the biggest causes of skin breakouts.

Another cause of acne could be your cellphone. Phones pick up all kinds of dirt throughout the day and are a big cause of acne around the chin area. A July 25 U.S. News article suggests you wipe down your phone with a Clorox wipe to prevent from

getting all the grime and bacteria your phone has picked up on your face. Doing this simple task will keep your phone and face clean. Also, try a headset instead of holding your phone near your face.

Something else you might not be aware of is that prescriptions can cause acne, particularly prescriptions with steroids taken internally or topically. Changes of hormone levels in your body can always result in breakouts.

build-up of products and oil that causes irritation to the skin. The bottom line is that you have control over what you put on your face and in your hair, and some products can contribute to acne.

Another cause of acne is touching your face, something people often are not even aware they are doing. Touching your face frequently can cause an increase in oil production and clog the pores on your face, according to a Nov. 3, 2006, article by MSNBC.

Taking care of zits once you have them is important too.

One of the most important things to remember: if you're tempted to pop that pimple, don't.

It can cause scarring.

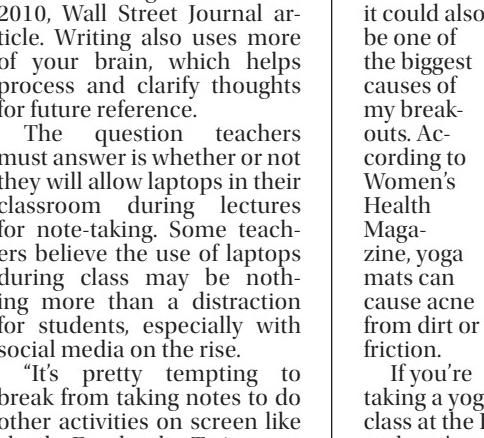
Also, if you heard the rumor that toothpaste helps get rid of acne, it's true — but it has to be toothpaste without fluoride, whitening and anti-cavity ingredients.

These ingredients can be abrasive and burn your skin. Instead of helping, they can actually cause acne.

If you're a college student with acne problems, realizing a few of these causes and fixes can help prevent breakouts. Stress can't always be helped, but keeping yourself and the items you use on a daily basis clean is something you can do to help.

Morgan Moxley is a sophomore in public relations. Please send comments to edge@kstatecollegian.com.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



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Late Night

The Collegian Guide to Weekend Food and Drink Specials

THIS WEEK'S DEALS	THURSDAY	FRIDAY	SATURDAY
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BOMB bar  (785) 320-5590 718 N. Manhattan Ave.	\$1.50 Bombs and Wells	\$1.50 Bombs and Wells	\$1.50 Bombs and Wells
CHUGGERS  712 N. Manhattan Ave. (785) 320-5590	Dollar Night \$1 Wells Free Bull Rides	\$5 32oz Wells \$2 Shots & Bombs	\$5 32oz Wells \$2 Shots & Bombs
Birth Daing Saloon  531 N. Manhattan	\$1.50 Bottles	Ladies Night \$1.50 Wells	Happy Hour 7 pm - 10 pm 99¢ Keystone Pints
DRINX AGGIEVILLE 1206 Moro (785) 320-7664	\$1 O-Bombs \$2 Bottles & Pints \$2 Jäger Shots & Bombs	\$3.50 Coronas \$2 O-Bombs \$2.50 BL Cans	Come see us for the game! Check us out on twitter @DRINX_
EIGHTEEN63  (785) 320-7711 710 N. Manhattan Ave.	\$5 Endless Pasta \$5 Bottle of Wine \$2 Domestics	\$4 Summer Brew \$2 Rumple 4 pm - 11 pm \$5.99 63 Burgers Happy Hour 1 am - Close	\$4 Summer Brew \$2 Rumple 4 pm - 11 pm \$5.99 63 Burgers Happy Hour 1 am - Close
Finn's Pub 317 Poyntz Ave, Manhattan, KS 66502 (785) 776-2119	\$6.25 60 oz. Domestic Pitchers	\$2 Rum & Pepsi \$4.50 32 oz. Draws	\$4.50 32 oz. Draws
Gambino's Pizza ® (785) 537-9090 900 Hayes Dr. Open until 3 am	\$10 Large 1-Topping Pizza Delivery Only	\$10 2 small 1-Topping Pizzas Delivery Only	\$10 Large 1-Topping Pizza Delivery Only
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